**Контрольное задание для 2 курса.**

**Mystery Syndroms.**

The main symptoms of Cronic Fatigue Syndrom (CFS) are (1) tiredness/rash/ muscles aches/cough/vomiting/loss of appetite/poor sleep.

 Suffers often (2)do/undergo/make/prescribe/see many tests for known diseases.

**Secrets of Long Life.**

 Interviews with eldery Okinawans show that they are (3) pessimistic/optimistic, lasy/adaptable and like (4) walking/long sleeping. They have emotional and financial support from (5) parents/friends.

 **Laughing**

After a good laugh our (6) lungs/muscles relax, our (7) mind/head stops focusing on pain and negative thoughts, and endorphins start to flow to our (8) blood vessels/brain.

**Fast-food**

 In a month eating fast-food he had problems – (9) bleeding/fever/headache/ /tumour. Doctors said him that the food was causing (10) little/life-threatening/ /important liver damage.

**Chocolate**

Eating chocolate makes you feel (11) healthy/good/hot. It stimulates the release of (12) endorphins/ plasma/energy, that produce feelings of pleasure and help to lift your (13) mood/temperature

It is better to eat (14) dark/milk chocolate about 100g per (15) week/day.

**Helpline.** Вставить слова из списка. Song, voice, depressed, in pain , healthy, advice.

Helpline. Вставить слова из списка. Song, voice, depressed, in pain , healthy, advice and worried, and sometimes (19)… .

 **Слова для подготовки к диктанту.**

FIRST AID ORGANS

NURSING(things and procedures) SYSTEMS

SYMPTOMS population

KINDS OF PAIN genetic factors

To treat, treatment cancer

To examine patient to prescribe medicine

Ill, illness lifestyle, optimistic

Painful centenarians

Anaesthetics emotional support

Stomachache good habits

Glsses Chronic Fatigue

Diagnosis to undergo tests

Drugs laughing

Ambulance endorphins

Inflammation tumor

Diseases life-threatening

Health mood

 Nutrition